

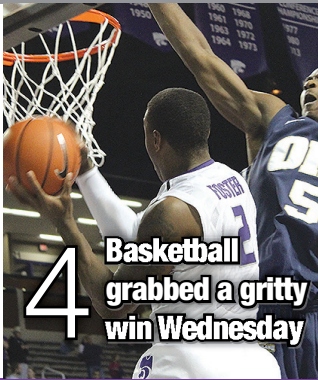


thursday, november 14, 2013

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# thecollegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY



VOL. 119 NO. 59

kstatecollegian.com



**Tomorrow:**  
High: 60 °F  
Low: 49 °F



**Saturday:**  
High: 67 °F  
Low: 48 °F

02

Send it on  
The Forum  
encourages a good  
deed to readers

03

Unfortunately common  
Mental health issues  
pervade college  
campuses nationwide

05

Read the responses  
Check out more features  
of student design and  
more

## New drug moving into midwest region

**Cheyanna Colborn**  
staff writer

Generally, when people talk about the latest trends on campus, they may recognize the leggings, boots and baggy sweater fashion statement that seems to have taken hold, or the use of the phrase "turned up." But there could be a trend making its way to K-State and the midwest that would have a much more catastrophic effect.

A dangerous chemical compound that creates hallucinatory effects similar to that of LSD has become a new drug craze in the United States. It goes by the name of N-Bomb, Smiles, and is sometimes called fake acid.

Though it make be called fake, the consequences could end up being very real.

"LSD is incredibly dangerous; anything synthetic is worse because people are making them," Matthew Droge, public information officer for the Riley County Police Department, said. "Say someone is making methamphetamine, for example. Essentially, they are just mixing chemicals. This could result in fire or outright kill a person taking the drug, or

on a smaller scale, cause medical problems."

In terms of trending drugs or synthetic drugs, the K-State Police Department has only seen a small increase in the use of bath salts and illegal prescription drug use. There have been no reported

**"In terms of trending drugs or synthetic drugs, the K-State Police Department has only seen a small increase in the use of bath salts and illegal prescription drug use. There have been no reported cases involving the use of synthetic LSD on campus."**

cases involving the use of synthetic LSD on campus.

"I do not understand how people can do drugs with the information that is available to them," Darrah Tinkler, junior in pre-psychology, said. "It is ridiculous to think that people would risk so much just to get high."

The two major drugs that are currently of concern within Riley County are marijuana and methamphetamine.

The popularity of narcotics, stimulants and hallucinogens tends to travel across the country and become popular in different areas in waves. This seems to be the case with this new, deadly, synthetic LSD. However, law enforcement is hopeful that synthet-

drugs. This would lead to an entirely different case.

The biggest concern with new drugs is that many do not release an odor when a person is using them to get high, so it can often be difficult for law enforcement to be notified of an issue.

The department relies on reports of persons using drugs or abusing prescription drugs. Often, theft or reported theft of prescription drugs is an indicator that there is an addiction concern or that someone who knows there is medication in the room steals it for personal use.

A continual issue among many college campuses is illegal sale of medications that may be easier for college students to procure such as Ritalin, Adderall and other attention deficit disorder and attention deficit hyperactivity disorder medications.

"[ADD/ADHD medications] are sold to be a study enhancer," Stubbings said.

Capt. Don Stubbings, head of the K-State Police Department, said that if there is an issue with a new synthetic version of LSD on campus, it is not being brought to the department's attention.

## One-man show portrays Medal of Honor recipients

**Jerry Yaussi**  
staff writer

With Veteran's Day on Monday, the contributions and sacrifices that soldiers make for their country are still fresh in people's minds. Last night, only two days later, McCain Auditorium hosted the one-man show "Beyond Glory," acted out by Stephen Lang, award-winning actor known best for his role as Colonel Miles Quaritch in James Cameron's "Avatar."

"Beyond Glory" is an adaptation of Larry Smith's book of the same name. In the production, Lang acts out the perspectives of eight American Medal of Honor recipients from World War II, the Korean War, and the Vietnam War.

"I believe this performance will cause people in attendance to reflect on their own feelings, on the concepts of bravery, courage, and even leadership," Todd Holmberg, McCain executive director, said. "There are themes that can be taken out of the context of the battlefield and used as inspiration to overcome difficulty in all other challenges of life, no matter how big or small."

Lang gave a spirited performance, giving each veteran his own distinct voice and characteristics. It had the variety of a traditional theater production.

"To see one man personify the characters of so many interesting Medal of Honor winners will be fascinating from the standpoint of the study of acting as a craft," Holmberg said. "The opportunity to really observe one person explore the subtlety of acting as art is sometimes missed by the viewer with a full cast production."

After the performance, which received a standing ovation, Lang recognized a Medal of Honor recipient in the audience, Charles Hagemester. Hagemester received his commendation for his actions during the Vietnam War.

"I thought [the show] was great. It was well done," Hagemester said. "Like most people, I knew all the people that [Lang] talked about."

To help those unfamiliar with these recipients and their actions, McCain personnel placed several display stands in the entrance area, detailing their histories and merits. After the show, several people gathered around these displays to get to know the veterans featured in the show.

"It was tremendous to see a dramatization of real stories that had happened," said Richard Marston, K-State geology professor. "Everybody has a personal story. Yes, you're in a platoon, you're in a battalion, but each person had their own background, their own story. And they came in and hopefully came out of the service two different people. You can't go through that without being changed."

Lang concluded the show by donning a red shirt with the words "Got Bro?" on it, and spoke with reverence and appreciation about his earlier visit to Fort Riley and meeting with the First Infantry Division, commonly known as The Big Red One. Several members of the armed forces were in attendance at the show, and his story and praise earned thunderous applause.

## Creative construction: art student works on project



Emily DeShazer | Collegian

Yitian Zeng, senior in art, works the texture of wax to make it look realistic for her sculpture project late Wednesday evening in Willard Hall.

## Returning sorority develops plan to re-integrate into K-State

**Bridget Beran**  
staff writer

K-State's greek community will see a new addition this spring, Sigma Sigma Sigma (Tri Sigma), originally founded at K-State in 1982, will recolonize after leaving campus in the 1990's due to membership decline.

Tri Sigma will be the fourth addition to the greek community in the last year, joining three fraternities. According to Brianna Hayes, assistant director for Greek Affairs, the growing amount of women going through formal recruitment and continuous open bidding caused the organization to open

up to new and re-establishing chapters.

"We've seen a lot more people going through recruitment and wanting to join houses, and while houses have gotten larger, we also felt like it would be a good idea to expand the community," Hayes said.

Currently, sororities are required to maintain at least 165 members.

"We are always looking for a good community to grow Tri Sigma," Brittany Parrott, Tri Sigma Extension Coordinator said. "Especially at K-State, we want to provide a home for women who may not have originally thought about going through recruitment or provide

a home for women who might not have found a home else where."

To help with Tri Sigma's recolonization, established chapters will not be allowed to recruit until the beginning of March.

"Just to kind of even the playing field, all 12 chapters have signed an agreement saying that they will wait to recruit," Hayes said.

Tri Sigma's recruitment will feature a formalized week at the beginning of February after they have spent a couple of weeks on campus.

"We'll have an orientation night where we'll explain what it means to be a colony sister.

Then we'll have a service project, and we're looking into organizations in Manhattan that are in line with our ideals and philanthropy," Parrott said. "We'll then have personal meetings that potential members can sign up for to talk to a Tri Sigma representative and really get to know what we're about. Then we'll have sisterhood night, which is similar to preference night of regular recruitment and a little more serious."

Tri Sigma will then take part in formal recruitment the following fall with the other 12 established chapters. They will be required to purchase a house sometime in the near future, though a location has yet to be

determined. Other members of the greek community are optimistic about Tri Sigma's recolonization.

"It's great to see Tri Sigma be re-established and be a part of the K-State greek community again. They will help us grow and become even stronger," said Allison Dorr, junior in hospitality management and member of Alpha Chi Omega.

Tri Sigma hopes to be a positive contribution to the greek community as well.

"I hope we don't change the community as much as I hope we add to it," Parrott said. "We want to continue to bring women into sorority life and this community."

Curious who won the Best of Manhattan?

Read the Reveal Edition Wednesday Nov. 20th!





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16 "Science Guy" Bill

17 Press

18 Tense

20 A valley

22 Top-caliber

26 Chocolate source

29 Consume

30 Future syrup

31 Rhine tributary

32 Pickle container

33 Angry

34 Greek vowel

35 — de deux

36 Column style

37 Filled with ennui

40 Utah city

41 Money-back offer

45 Hodge-podge

47 Eggs

49 History chapters

50 Nerd-pack contents

51 Beak

52 Broad-casts

53 Wise one

54 Type squares

55 Scruff

DOWN

1 "Beetle Bailey" dog

2 Roger Rabbit, for one

3 Not busy

4 James Bond backdrop

5 Dogpatch lad

6 Shaft of light

7 Cheese choice

8 Quaint pen

9 Madness

10 Commotion

11 Thither

19 Sticky stuff

21 Performance

23 Rental contract

24 Delhi dress

25 Detail, for short

26 Staff

27 Car

28 Entrancing

32 Weapon for

33 Tofu provider

35 Black-Berry, e.g.

36 Anger

38 Not at all snug

39 Speedy steeds

42 Met melody

43 Rainout cover

44 Being, to

45 Brutus, for short

46 Meadow

48 Energy

Solution time: 25 mins.

S A W C A P  
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Yesterday's answer 11-14

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Conceptis Sudoku

By Dave Green

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					9	7		

Difficulty Level

★★★★

12/14

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Check Out the Edge

Every Wednesday, Thursday & Friday

the FOURUM

785-260-0207

The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

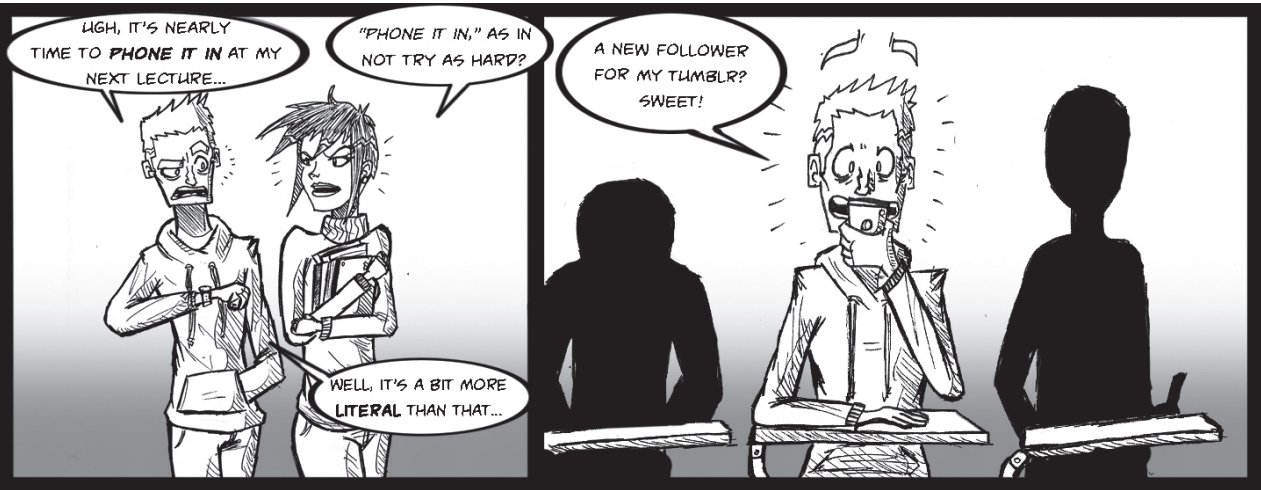
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## For the Win | By Parker Wilhelm



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## THE BLOTTER

### ARREST REPORTS

**Tuesday Nov. 12**

**Linda Faye Simms**, of the 800 block of Colorado Street, was booked for criminal threat. Bond was set at \$2,000.

**Devoris Antoine Newson**, of Junction City, was booked for probation violation. Bond was set at \$1,000.

**Andrew Steven Johnson**, of Olathe, was booked for probation violation. Bond was set at \$2,000.

**Paul David Kern**, of the 2000 block of Estella Drive, was booked for use or possession of drug paraphernalia and no driver's license. Bond was set at \$1,000.

**Gina Maria Jones**, of the 2400 block of Buttonwood Drive, was booked for failure to appear and probation violation. Bond was set at \$137.

check out the SPORTS Page every day in the collegian

check out the sports page every day

11-14

CRYPTOQUIP

Q V M R A F X L R T Y L Q Y

Y M R C F W C G V K A Y V M G S R C G

V K H S H X G W S N L V R G A W R C

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the collegian

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Kansas State University

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Dr. John List

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Homer J. Livingston Professor of Economics

Chair, Department of Economics

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7:00 P.M.

Umberger 105

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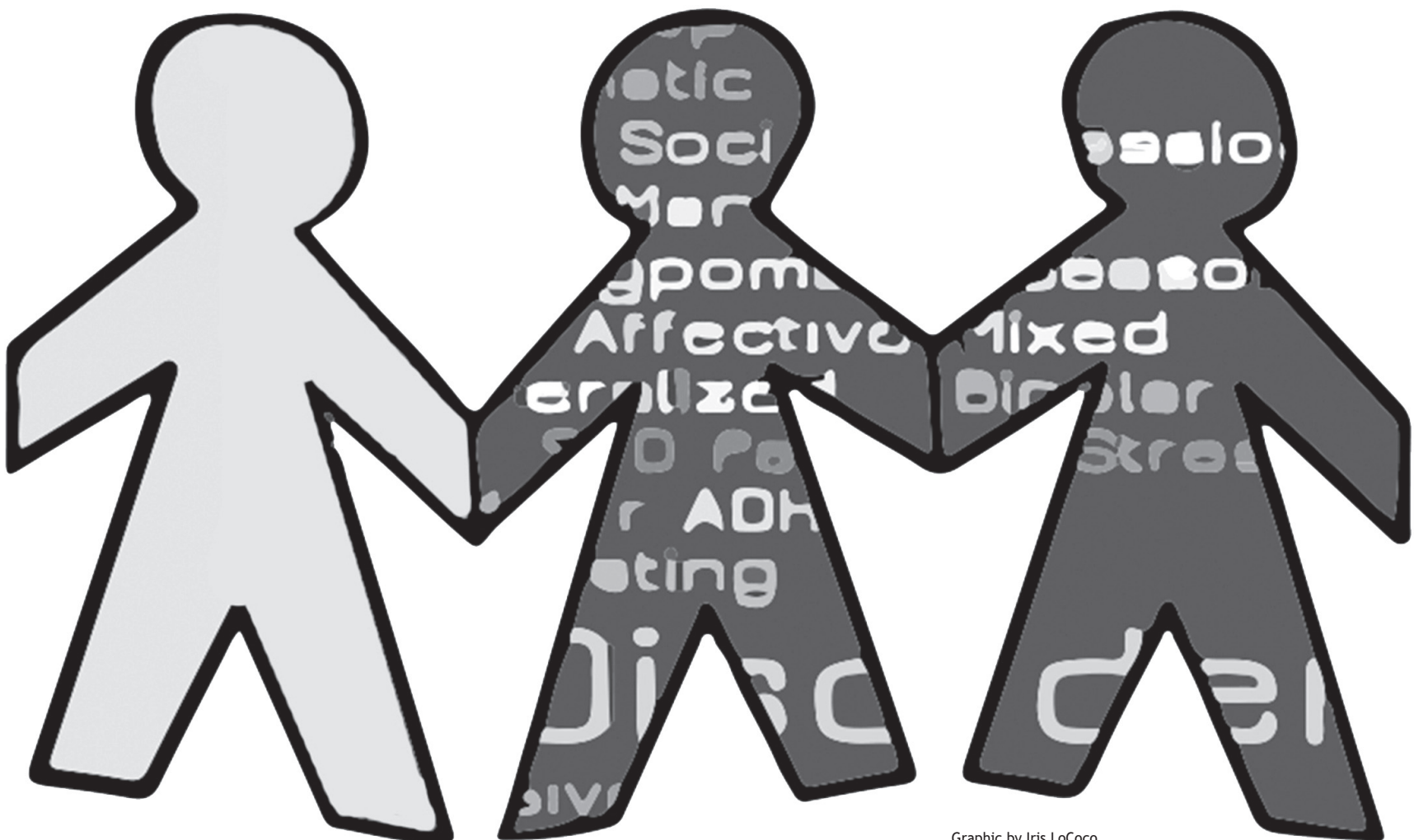
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# Mental health issues on rise among college students



Graphic by Iris LoCoco  
Two out of three students who visit the K-State counseling services report suffering under a form of mental illness, including extreme stress and worry..

**Jakki Thompson**  
edge editor

For some, going through the daily motions of college life may be more difficult than for others. There are many university students who struggle with mental illness, and the number is continuing to rise.

According to the Centers for Disease Control, mental illness is "collectively all diagnosable mental disorders or health conditions that are characterized by alterations of thinking, mood or behavior [or some combination thereof] associated with distress and/or impacted functioning." Many college students across the nation understand this firsthand.

Joey Hermes, Topeka resident and spring 2012 graduate of Washburn University in Topeka, in psychology, said he was diag-

nosed with clinical depression when he was in high school. He said once he graduated from high school and experienced how hard it was to find a job, it made his depression worse.

"This may sound weird, but for me, it felt like there was something wrong with me," Hermes said. "[It's like] employers didn't want to hire me, like I was worthless and useless and had no skills."

Hermes isn't the only recent graduate or current college student who suffers from depression. Chase Fox, junior in criminology, also suffers from depression.

"I just wish there were more people to talk with about these things," Fox said. "Not just counseling services, but other people that you can just meet up with at a coffee shop and talk about your day. It would make a person's day, just knowing that someone cares

about [them] being alive enough to sit down and talk with [them] about life."

Mental illness is a serious problem for a large percentage of college students. According to the 2011 American College Health Association Survey, almost one out of every three students reported feeling so depressed within the last 12 months that it was difficult to function. About 45 percent of students felt things were hopeless and 50 percent felt overwhelming anxiety. That means, on any given day, one out of every two people were and are dealing with some kind of mental illness overwhelming enough to affect their daily lives.

"Being in a building for countless hours makes me crazy," Caren Chellgren, third year veterinary medicine student, said. "There were [and have been] many times

I have left school crying or having a panic attack. Everything just tends to build until I break."

With the continuing rise in mental illness, there is no specific answer as to what is causing this phenomenon. Chellgren said she thinks it's because of the pressure to succeed.

"You have to have certain grades to get an internship, but also need to spend time with the instructors to impress them," Chellgren said. "You need to have a job [in your field while still in college] because you need experience in your field."

Fox said he agrees that external factors have a lot to do with college students' mental health. He said there are a lot of external factors like school, life and jobs that all affect our mental health. He said he thinks there are many more cases of mental health prob-

lems that have flown under the radar and that he thinks the rate of mental health problems among college students has increased just based on how our society is.

Chellgren, Fox and Hermes all attend or have attended universities within Kansas. Mallory Nelson, junior in geology and environmental science at Winona State University in Winona, Minn., has spent her entire college career struggling with severe anxiety. She said her anxiety levels fluctuate, but college has definitely made them a major part of her life.

"School asks a lot of me," Nelson said. "My anxieties seem to intensify as things get more demanding. There doesn't seem to be a large support community for any mental health issues, especially when it comes to things outside of

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AIR NATIONAL  
GUARD



# Freshman Foster wills Wildcats to first win of season

John Zetmeir  
sports editor

The K-State Wildcats did not start the season the way they wanted to. After losing their season opener to Northern Colorado, K-State rebounded by defeating the Oral Roberts Golden Eagles 71-63 on Wednesday night in Bramlage Coliseum.

To say that the Wildcats (1-1) struggled out of the gate would be putting it mildly. The Golden Eagles (1-1) jumped out to a 16-4 lead before freshman guard Marcus Foster provided the spark that the Wildcats desperately needed.

Foster scored 10 consecutive points for the Wildcats, which propelled K-State on a 10-1 run.

"I just noticed that our team was kind of looking a little sluggish and needed a spark," Foster said. "I think I'm a pretty good scorer, so I took it upon myself to get my team going on offense and it got everybody going and then we just made a run to come back in the game."

K-State finished off their surge with a dunk from forward DJ Johnson with five seconds left in the first half. K-State took a 30-27 lead going into the half. Foster led all scorers at the half with 16 points on 5-of-6 shooting from the field.

"We ended the half better than last game and kept our spirits up in the locker room," Johnson said. "It kind of got everyone going and wanting to do more in the second half."

K-State seized control to start the second half with a 10-2 run. Leading the second-half charge for the Wildcats was forward DJ Johnson. With junior forward Thomas Gipson still sidelined, Johnson remains the Wildcats' only true low-post player at the moment. The sophomore from St. Louis came up big for the Wildcats on the day, finishing with 12 points and seven rebounds.

Oral Roberts would make things interesting in the second half, closing the deficit to 59-53. The Wildcats went stagnant, finding themselves unable to score for nearly five minutes. Foster would not let the Wildcats falter, hitting a big 3-pointer to end the Wildcats' drought. Foster finished the game with 25 points on 9-12 shooting from the field, becoming the first freshman since Michael Beasley to hit that mark.

From there, the Wildcats were able to push their lead back to nine points and ultimately put the nail in the coffin. Last Friday against Northern Colorado, the Wildcats found themselves unable to seal the deal, allowing the Bears to win in Bramlage Coliseum.

"Friday really woke us up that we have to come to play every night," Foster said. "This was a big win for us; we really needed this win. We came out and played hard and competed for 40 minutes and we came out with the win, and so I think this is going to be a turning point for our season."

Oral Roberts had a pair of players reach the 20-point mark. Sophomore guard Obi Emegano finished with 24 while senior forward Shawn Glover added 21 points and nine rebounds. This was Emegano's second consecutive game leading the Golden Eagles in scoring.



Josh Staab | Collegian

Freshman guard Marcus Foster goes up for a reverse layup in K-State's Wednesday night game against Oral Roberts. Foster led the team with 25 points in their win.

Not only did K-State have success on the hardwood, but they also had their first two commits, Tre Harris and Stephen Hurt, sign on the dotted line to become Wild-

cats.

"It was a good day for us in several ways," head coach Bruce Weber said. "One is obviously getting the win and playing a little bit

better but also the signing day."

Next up for the Wildcats will be Long Beach State, who they will face off against on Sunday in Bramlage Coliseum. Sunday's game will

be K-State's last home game before heading to San Juan, Puerto Rico for the Puerto Rico Tip-Off. Tip-off for Sunday's game is scheduled for 3 p.m.

## Improvement, not blowouts, key for basketball team's early games



Austin Earl

It wasn't pretty, but the K-State Wildcats picked up a win against the Oral Roberts Golden Eagles to move to 1-1 on the season.

K-State was hit in the mouth early by Oral Roberts. The Golden Eagles opened up the game by building a 16-4 lead. After the Wildcats' loss to Northern Colorado,

many people expected them to come out with a vengeance.

"I thought they'd come out with some pretty good energy, but that didn't happen," head coach Bruce Weber said. "You were kind of sitting there, slow death that first eight minutes."

Yes, K-State trailed by 12 to a team that the casual fan has never heard of, but all that matters is getting their first win.

There are plenty of negatives that can be taken from this game. The Wildcats' defense in the second half fell off badly from the level it was at in the first. Their free throw percentage was still below 70

percent. Senior leader Shane Southwell is struggling. But it was a win, and it's November.

There are many teams that struggle early in the season that end up doing well in the NCAA tournament. It's almost certain that K-State will lose another game in their non-conference slate, but every loss is not the end of the world.

In November, wins and improvement are all that matter. Big 12 Championship trophies are not won in November. NCAA Tournament spots are not won in November.

Even in an ugly win, confidence can be built for many players. Getting victories —

even over mediocre teams — helps players adapt to the next level and become sure of themselves.

With so many new faces, K-State's main focus at this point in the season is building chemistry as a team and getting freshmen comfortable on the floor. For four of the Wildcats, this is their first taste of NCAA basketball.

For other players, like sophomore DJ Johnson, this is the first extended playing time in college. Johnson played a major factor the Wildcats' win, as he looked more comfortable on the floor.

"This is a new team, and everyone has a new role,"

Weber said. "Last year, he was kind of a bystander. Early, he played pretty good, and late in the year he was a two or four minute guy. Last Friday, we had to play him over 30 minutes. He struggled, but got a little bit more confidence."

Freshman Marcus Foster took a big step on Wednesday night, scoring 25 points on just 12 shots. Foster sparked the team after the early deficit. He brought energy to a team who looked dead in the first ten minutes.

"Thank goodness Marcus got going," Weber said.

Young players getting comfortable with their teammates is an intangible factor that can never be overlooked.

When these players face tough games in conference play, chemistry is what will pull them through in the final minutes. The adversity that K-State is facing will help them win those games that require guts and grit.

No matter who K-State plays, any win is a good win right now. Improvement is the key at this time in the season, not blowout victories, and it was evident on Wednesday night that the Wildcats are improving.

**Austin Earl is a freshman in pre-journalism and mass communications. Please send comments to [sports@kstatecollegian.com](mailto:sports@kstatecollegian.com).**

## Catch 'em while you can: NCAA hoop's top freshmen from strong class

Nicolas Wahl  
staff writer

Tuesday night marked a special occasion for college basketball fans as four of the nation's top programs met at the United Center in Chicago for an early-season smorgasbord of high-powered NCAA hoops.

What they saw, as exemplified by a one-handed catch on an alley-oop and slam by Duke's freshman forward Jabari Parker, as well as another lob and dunk by Kansas freshman guard Andrew Wiggins just moments later, was a national coming-out party by what

some are calling the best freshman class ever.

Such is the case in modern college basketball. These days, the incoming freshmen are more athletic and seasoned, and are affecting the game quicker than ever before. And you don't want to blink, because these aren't just rising stars. They're shooting stars, and they'll be gone before you know it.

Wiggins and Parker, probably the most publicized of the incoming class — outside of Kentucky's annual crop of freshmen, but we'll get to them later — were both on the cover of Sports Illustrated before the

season even began. The magazine even dared to call Parker "the best high school basketball player since LeBron James." And the two 6-foot-8-inch forwards, who continuously flip-flop atop 2014 NBA mock drafts, didn't disappoint on Tuesday.

A run-and-slam by Wiggins, on a play in which he was fouled by Parker, helped seal a 94-83 win for No. 5 Kansas over the No. 4 Blue Devils. Wiggins finished with 22 points and 10 rebounds, while Parker led all scorers with 27 points, along with nine rebounds and two steals.

Earlier in the night, on the

same floor, Kentucky coach John Calipari's new group of young guns gave No. 1 Michigan State all they could handle, but the No. 2 Wildcats fell to the more experienced Spartans 78-74. Kentucky freshman forward Julius Randle's double-double of 27 points and 13 rebounds were both game highs. Freshmen scored 62 of the 74 total points for the Wildcats, including forward James Young who had 19.

Between the four teams, eight of the top 12 in Rivals.com's top-150 class of 2013 were in action Tuesday. Here are some other names to get familiar with in what little time

you may have the chance to:

Aaron Gordon, Arizona — This 6-foot-8-inch, 205-pound power forward chose Sean Miller's Wildcats over Kentucky and Kansas, among others. He's an athletic, high basketball IQ player, who, despite still growing into his frame, makes Arizona an early favorite for a Pac-12 title.

Andrew and Aaron Harrison, Kentucky — These twin 6-foot-5-inch, 205-pound guards are built in the vein of former Calipari guard and current New Orleans Pelican Tyreke Evans. Seasoned for their age, expect these two cause fits for SEC backcourts

all season long.

Wayne Selden Jr., Kansas — Wiggins isn't the only top freshman for KU. This 6-foot-5-inch, 225-pound guard is a hard worker with an NBA body. Selden notched 15 points and 8 rebounds against Duke and could join Wiggins in the draft next spring.

Tyler Ennis, Syracuse — Jim Boeheim's venture to the ACC will be easier with a scoring point guard like Ennis. He'll join senior forward C.J. Fair to make the Orange an instant contender in their new conference.

More fresh faces: Kasey Hill, PG, Florida. Joel Embiid, C, KU. Jerrell Martin, PE, LSU.



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# Letter from president, provost, dean on American ethnic studies

*Administrators respond to an online petition calling for expansion of the American Ethnic Studies program.*

To the Students, Faculty and Staff of Kansas State University:

Last spring we had considerable dialogue on campus regarding the status and future of American ethnic studies. Since then we've made significant progress to strengthen this program. The Kansas Board of Regents gave verbal approval for full

department status. We anticipate formal written notification soon.

An electronic petition has been circulating that demands additional changes for American ethnic studies and a more inclusive environment for all. We strive to build a community on campus that listens to concerns and develops thoughtful policies and processes for change.

We hear your concerns about having a critical mass of tenure-track faculty for the program. This year, we welcomed two new faculty

members, including a new director, Yolanda Broyles-González, a university distinguished professor. Following significant state budget cuts in May, an additional search is on hold.

We hear your concerns about space for American ethnic studies in Leasure Hall. The department head is working with the college to develop a plan to renovate and double the total space.

We hear your concerns about the Arts and Sciences Diversity Committee, which will be canvassing the

college's students and faculty for input on its activities and engagement this semester. Several members are involved in the national search for an assistant dean for diversity, recruiting and retention.

We hear your concerns about the retention and promotion of faculty and staff of color. The university conducted an extensive review of human capital and hiring processes and is restructuring this area, including new leadership. National searches for a human capital officer and a director for equity and

access will be launched in the spring.

We hear your concerns for an expanded multicultural student center and have been working with different student groups to discuss options and plans.

A K-State 2025 university diversity strategic plan is being developed by the chief diversity officer and the President's Commission on Multicultural Affairs. This plan will be released for public comment in late January. We want to be thoughtful and inclusive so that every K-State

member feels ownership of the plan.

We hear your concerns and believe that we are all working to get to the same place, and in an environment of limited resources and space, it will take time to get there.

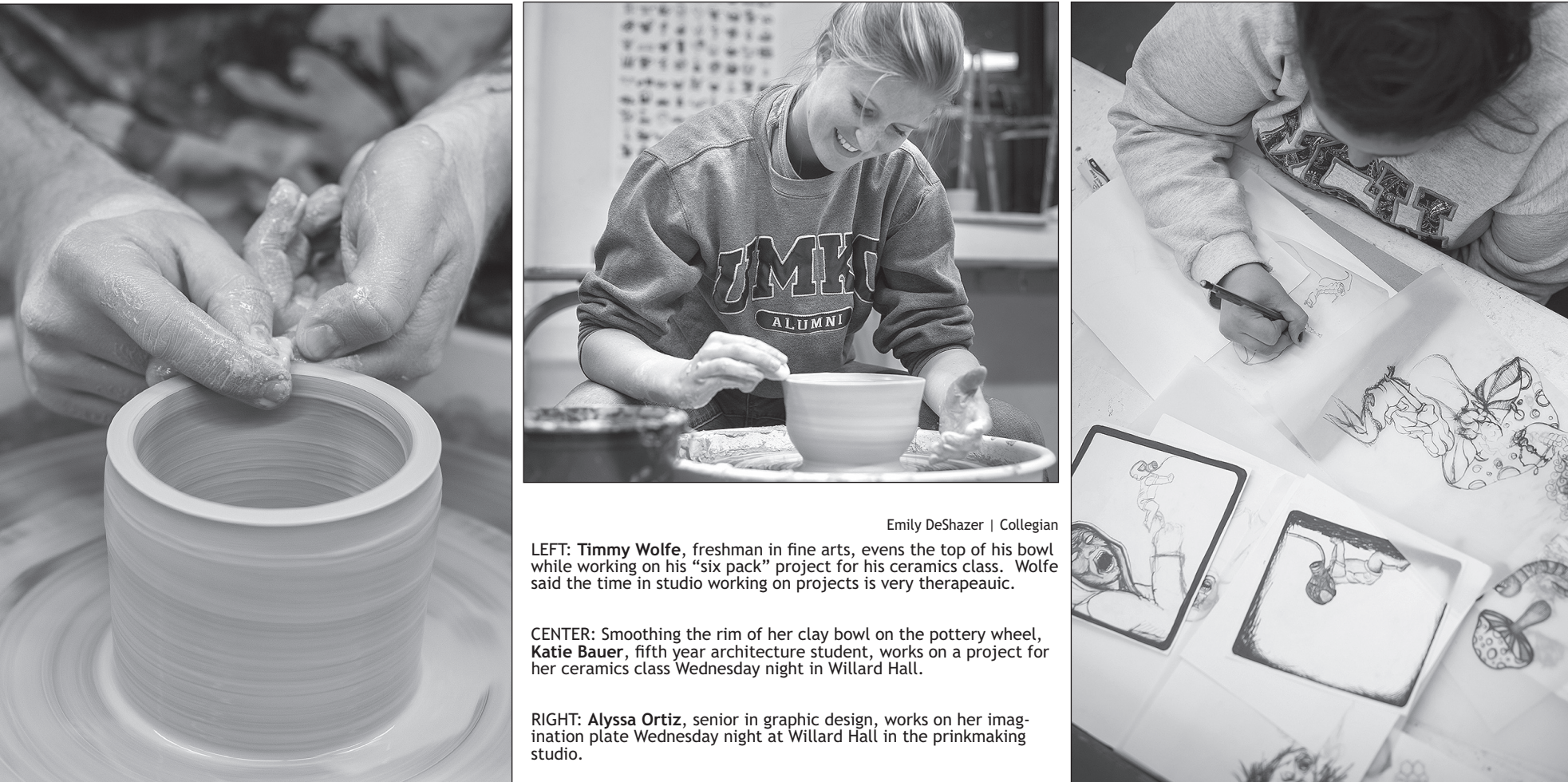
Sincerely,

Kirk Schulz, president

April Mason, senior vice president and provost

Peter Dorhout, dean of the College of Arts and Sciences

# Portraits of artists: K-State students work on art projects in Willard



Emily DeShazer | Collegian

LEFT: **Timmy Wolfe**, freshman in fine arts, evens the top of his bowl while working on his “six pack” project for his ceramics class. Wolfe said the time in studio working on projects is very therapeutic.

CENTER: Smoothing the rim of her clay bowl on the pottery wheel, **Katie Bauer**, fifth year architecture student, works on a project for her ceramics class Wednesday night in Willard Hall.

RIGHT: **Alyssa Ortiz**, senior in graphic design, works on her imagination plate Wednesday night at Willard Hall in the printmaking studio.

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**310**  
Help Wanted

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**Application deadline Friday, Nov. 22, 2013**

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## spring2014

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### Pregnancy Testing Center

**539-3338**  
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### Conceptis Sudoku

By Dave Green

		5	7					4	2
	7							3	
9						8			
7					4				
4					9				
8	6	2			1	9	5		
5			9	2				3	
1			6	3				5	
	3	9				1	2		

Difficulty Level ★★★

8/10

### Answer to the last Sudoku.

8	4	3	9	7	6	1	2	5	
2	9	7	1	5	3	8	6	4	
1	5	6	8	4	2	3	9	7	
7	3	1	6	8	4	2	5	9	
5	6	4	2	9	1	7	8	3	
9	2	8	7	3	5	4	1	6	
3	1	9	5	2	7	6	4	8	
4	8	2	3	6	9	5	7	1	
6	7	5	4	1	8	9	3	2	

Difficulty Level ★★

6/10

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## K-State Lafene Health Center

[www.k-state.edu/lafene](http://www.k-state.edu/lafene)

**General Medical Clinic Hours:**      **Appointments recommended,**  
**Mon - Fri: 8AM - 6PM**                      **so please call first**  
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The clinic will be open:  
8:30 AM - 11:30 AM, and 1:00 PM - 4:00 PM

**Students - \$15, All Others - \$20**

Injectable (20 minute wait required)  
Bring Wildcat ID and insurance card

# HEALTH | K-State Counseling Services sees increase in direct contact visits

Continued from page 3

depression. My mental health issues are often written off as me being too intense or too Type-A [personality]."

College students are continually faced with the difficult tasks of being a part of many facets of university life aside from just being a student. Some students are a part of greek houses or chapters, student organizations, hold a job or two or three, or volunteer. Students' time is taken up with a lot outside of academia.

According to a Nov. 5, 2012 article by Ruth Harper and Meghan Peterson from NACADA, the National Academic Advising Institute, "more than 60 percent of entering freshmen indicate that they spent less than six hours per week studying, even though 90 percent earned a high school grade point average of B or higher. Inadequate study habits create enormous stress and anxiety for college students."

Housed here in Manhattan, NACADA works on making academic advising more beneficial for students. A special section of this institute focuses on mental health and trying to catch triggers and signs early, before the problem becomes severe.

Staff at K-State Counseling Services have observed that students often come into college ill-equipped to deal with the issues that come along with higher education. Kathryn Tolle, licensed psychologist at Counseling Services, said there have been two key narratives shared by students who come in needing emergency help.

"On one hand, there has been an increase in medication and treatment at earlier ages," Tolle said. "Receiving treatment and having that treatment work is important. But coming to college, sometimes that treatment stops because students are caught up in college life. The other [common theme] is the [university] is expanding. We may or may not bring accepting people who are properly equipped to handle college, like even study skills."

Rachel Asmirian, spring 2012 Arizona State University alumna with a degree in psychology and family and human development, has had mood disorders most of her life. She said she has struggled with mental illness since she was 15 years old. Asmirian said she

with classes, clubs or another extra work they don't necessarily need to do. Also, make sure to seek out the support they need to get through it all."

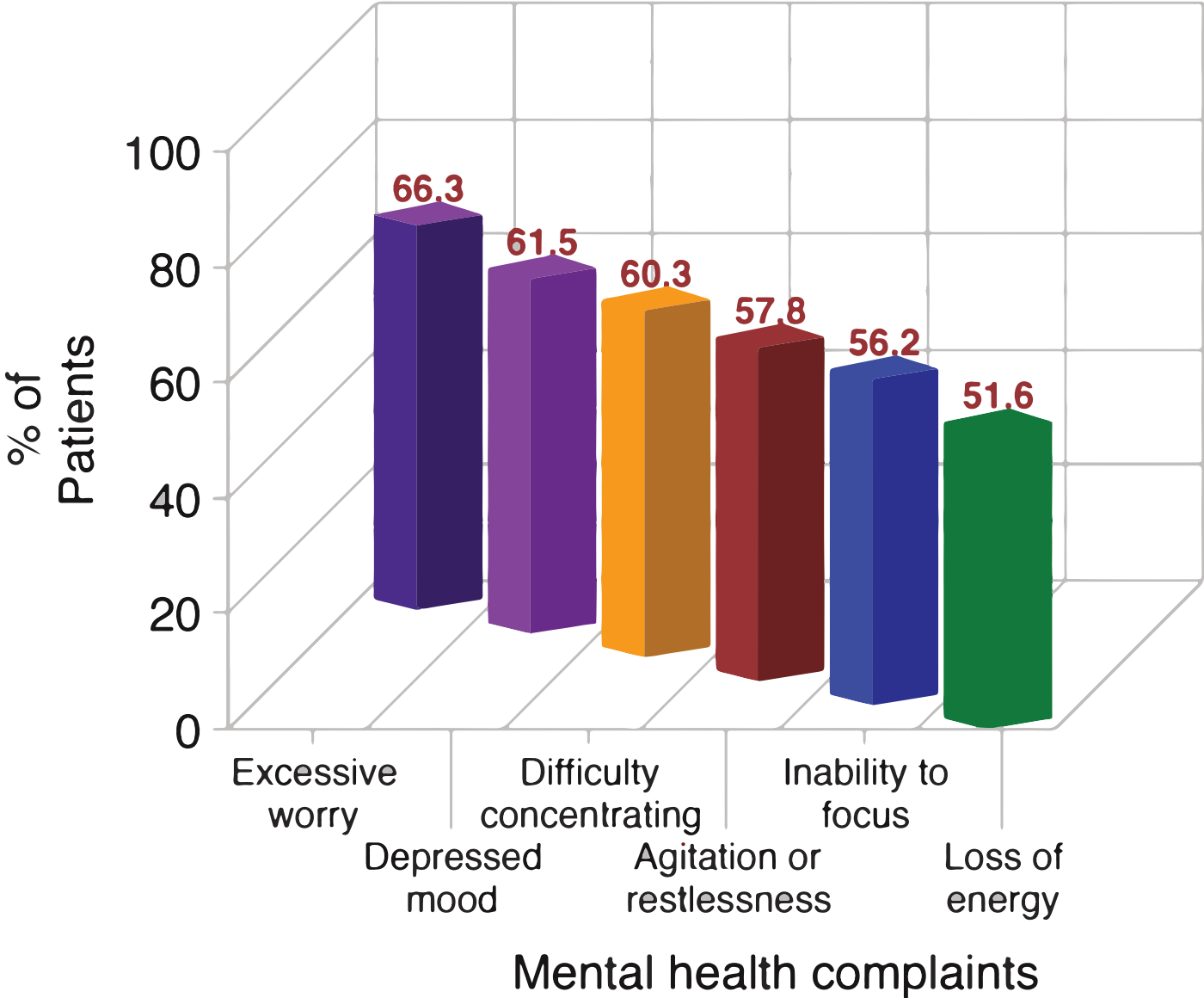
Mental health issues among college students who are currently enrolled or have recently graduated is common. Locally, there has been an increase in

seek help, they are more prone to leaving the institution. According to a 2012 report, "College Students Speak: A Survey Report on Mental Health," from the National Alliance on Mental Illness, more than 45 percent of young adults who stopped attending college because of mental health related reasons did not receive accommodations. Fifty percent of them did not access mental health services and support either.

Within a city like Manhattan, there are multiple options for students and community members. On campus, K-State offers Counseling Services. For students, the first four individual session appointments are free, the next five are \$15 an hour, and sessions after the first 10 cost \$25 an hour. For non-K-State students, Pawnee Mental Health, located at 437 Houston St., will work with some insurance companies to see patients and help with mental health needs. If people are in eminent danger, such as physical self-harm or physical harm by someone else, they should call 911 or visit a doctor or emergency room.

"You don't have to be afraid to get help," Chellgren said. "There is such a stigma to mental illness, and the biggest thing is to admit that you need help. There are so many people who suffer from the same things. You are not alone."

According to the FY2013 Annual Report by K-State counseling services, the following issues were the most common experienced by counseling services clients:



**"You don't have to be afraid to get help. There is such a stigma to mental illness, and the biggest thing is to admit that you need help. There are so many people who suffer from the same things. You are not alone."**

Caren Chellgren  
Third year veterinary medicine student

thinks all people are prone to mental health issues but thinks students in college have higher rates of mental illness due to environmental factors like heavy use of drugs and alcohol, stress, peer pressure and overall big changes.

"I had a lot of anxiety [when I was in college] and homework took me a lot longer to do than most people," Asmirian said. "It was also difficult for me to go to class when I was in a depressive episode. People need to take things slow and not feel like they have to overwhelm themselves

people seeking help for mental health problems. According to the K-State Counseling Services 2013 Annual Report, there were 11,233 direct contact visits in 2013, whereas in 2012, there were 10,467. That is 766 more direct service contacts that students, staff and faculty have requested from Counseling Services.

Though college students and the K-State community have requested more services than in previous years, that is not what is reflected nationally. When college students don't

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